IN THE SPECIFICATION

Kindly amend page 5 of the instant specification as follows:

Page 5, paragraph 4, please substitute the following:

To further reduce the duty cycle, it is proposed according to the present invention to use erase pulses with an erase power level that is decreasing with time, such as a downward staircase. Such a pulse shape is illustrated in Fig. 4c Fig. 4 on the right, together with two other pulse shape examples, namely a pulse with an upward staircase (Fig. 4a) as shown in Fig. 4 on the left and a blockshaped pulse (Fig. 4b) as shown in Fig. 4 in the middle. The corresponding temperature-time responses are illustrated in Fig. 5 for SFFO-conditions (linear velocity LV=2.09 m/s, numerical aperture NA=0.85, wavelength of laser light lambda=405nm). A blockshaped pulse typically results in a steady temperature increase, which is very characteristic for a pulse response (although the linear recording velocity is now involved). An upwards staircase leads to a somewhat delayed temperature increase, causing an even steeper temperature rise. A downwards staircase leads to the opposite and wanted behavior, namely a more or less constant and lower temperature in time. This behavior can be understood from the insight that a high laser power is applied when the temperature of the medium is low. After the first time increment in which the

laser power is on, the stack heats up, and the laser power is reduced accordingly to compensate for the increasing temperature.

This leads to downwards staircase pulse shape proposed according to the present invention.